

# ATFT Update

E-ZINE



Official Publication of the Association for Thought Field Therapy

Issue 8, Summer 2007

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### Nightmares Replaced with Dreams of the Future at El Shaddai

*Gabriel Constans eyewitness report of ATFT successful mission at El Shaddai orphanage.*

### We Appreciate Your Services - - Suzanne Connolly, LCSW

*- Realizing how much your help is appreciated is a humbling thing.*

### Zen and TFT Meet ... the sound of 'no hand tapping' - - Kevin Laye, TFT-Dx

### Using TESTIMONIALS in your marketing - - David Hanson, DEH, TFT-Dx

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Dottie Webster, volunteer  
ATFT Trauma Team Member,  
shown here using TFT  
to help two youngsters  
at the El Shaddai  
Orphanage in Rwanda.



**2007 ATFT  
INTERNATIONAL  
CONFERENCE  
October 20-21  
BOSTON, MA**

**Meet  
Suzanne Connolly**  
*This Issue's Distinguished ATFT Member*  
**On Page 6!**





# ATFT UPdate MAGAZINE

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**Steven McNulty, TFT-Dx**  
ATFT President

## PRESIDENT'S MESSAGE

Welcome to this edition of Update and to my first message as President of the ATFT. When David Hanson, Update's Editor, reminded me that I needed to draft my message, I started wondering where to start and what to talk about. Then, as I started making notes and bullet points about what had happened in the few short months since I took on the role, I realised that I would need to précis it dramatically. It has been an extremely busy few months and many people have put in a lot of time and effort to move the ATFT, ATFT Foundation and TFT forward. So firstly a few well deserved thank you notes.

Dr. Mary Cowley stood down from the Board after many years' invaluable service. We miss you already Mary and thank you for the tremendous results you achieved whilst on the Board. Chris Milbank stood down as President to start a new life outside the UK. Chris gave an enormous amount to the ATFT and was always full of ideas and enthusiasm. We all wish him every success in his new venture.

I took over as President and Dr. Caroline Sakai joined the Board. Caroline has already made a significant contribution to the Board and we all look forward to working with her in the future.

Herb Ayers has created our new Members Forum which is now fully functional. Herb is being assisted ably by Sara Lanigan. The Forum will become a repository for all things TFT and will allow us to store our knowledge and expertise in one place. This will help us all and especially those new to TFT who need to

know answers to often asked questions. So when a new 'Tapper' asks 'what do we know about Depression' there will be a font of information ready for their research. Great work Herb and Sara.

Rhoda Draper and Doris Keating are doing a sterling job in putting together the International Conference in Boston in October. Late Fall (Autumn) in Boston is lovely. We have some great speakers and events lined up for you. Make sure you read the article about the Conference in this UPdate. The Conference is over the weekend October 20/21, 2007. We have arranged special room rates for you with the venue. For all of you who would be travelling in to Boston from outside the USA, there are still some good flight deals around.

Roger, Joanne and Bob Bray gave a Diagnostic training in London, England at the end of May. It was a huge success with 86 Attendees. Kevin Laye added his usual incisive thought, wit and wisdom; while I entertained the crowd with my passionate pleas for help with the Foundation. Chris Trautner kept us all in order – most of the time. Roger, of course, stole the show and another 80 people left the training richer, wiser and with a far stronger and more robust toolkit. We all also left with 80 more friends who can help and support us.

Norma Gairdner and the ATFT Foundation arranged for a Green Cross Compassion Fatigue and Field Traumatology training which was held in London, England at the beginning of June. More than 40 people attended from a number of countries including England, Scotland, Wales, Ireland, Hong Kong, Australia, Norway, Denmark, Sweden, Switzerland, Kingdom of Saudi Arabia and the United States. We had a fun 3 days with the training being given by Kathy Figley of the Figley Institute, Tallahassee, Florida. Kathy has been deployed to over 30 disaster and trauma areas and was well qualified to explain to us the realities of serving at a disaster site.

Caroline Sakai, Suzanne Connolly, Paul Oas, Dottie Webster, Gabriel Constans, and several others returned to Kigali, Rwanda to the El Shaddai Orphanage in April, on the anniversary of the genocide. I won't steal their thunder here as she will have many fascinating tales to tell and statistics to report at the International Conference. I will say one

thing though. The ATFT Foundation Team was staggered by the results obtained and returned in high spirits.

Chris Milbank, Stein Lund Halvorsen and Ole Erik Holmaas traveled to Tanzania in June, on behalf of the ATFT Foundation, to treat and teach TFT throughout the country. They will also be stopping in Nairobi, Kenya to teach a TFT algorithm level and diagnostic level course at the United States International University. At the time of writing this we have had the first few reports through, all of which have been very encouraging.

The UK team have been hard at work and have finally managed to set up the Association for Thought Field Therapy Foundation (UK) Limited. We are now in the process of applying to the Charities Commission of England and Wales for registration as a Charity. When we receive this we will be able to use various UK tax incentives to boost our fundraising and the Charity registration will also make it much easier to raise funds. Many thanks must go to Eileen McMahon who has been the driving force and general dogsbody in getting this achieved. Eileen – thank you.

Ildiko Scurr has kindly agreed to be our Chairperson for the UK fund raising committee. You may remember that Ildiko is the creator of the successful ‘Tap your troubles away with TFT’ days in the UK. If you would like to run one of these days in your area, Ildiko has a great template for you to use that takes all the worry out of organising the day.

Membership numbers of ATFT continue to grow steadily and Bill Baranowski is doing a great job in getting people to renew. For all you trainers out there – don’t forget to get all your trainees signed up for membership at your training.

David Hanson, our Editor, deserves our thanks for putting together the Update. I would ask you all to help him as much as possible and contribute your stories of success or otherwise. We need your real stories and experiences to put in the Update. It not only fortifies all the members but it also acts to reassure us that we are not alone in our experiences.

All the members of the ATFT Board are working hard to bring you additional benefits and services, and we will be announcing some of these at the Conference in Boston in October.

On a personal note, I am looking forward to contributing to moving the ATFT forward for the benefit of you all. I see my role as your spokesperson with the ATFT Board. If you have any particular needs that you believe we are not meeting or you have a good idea for a member benefit please let me know. If you have an idea for the ATFT Foundation for fund raising please let Joanne Callahan know. The two organisations have separate Boards to ensure we focus on our own specific tasks. However, we all work closely together to ensure nothing drops between us that is worthwhile to either organisation.

As President, I am more than willing to help you promote TFT in your area of influence. I am pleased to do this as and when I can and when it doesn’t conflict with my day job.

Volunteers are needed for fund raising for the Foundations. This doesn’t require you to commit any more time that you want to. We will need Project Managers for some ventures but equally we will need someone to type up a few name badges and send them in the post to the organiser. We need organisers, their assistants, their assistants and their assistants and someone to make the coffee. If you can fill even the smallest role please let us know. If we need you we will ask politely and if you are busy and cannot help that is absolutely fine with us.

On a final note, I look forward to seeing many of you at the Conference in Boston in October and to conversing with many more of you via the Forum and email. I am here to promote your interests so, if you have something to say, please let me know.

I wish you all a very healthy and happy future.

Steve McNulty  
President

## Pre-Conference Algorithm Training by Suzanne Connolly Now Scheduled in Boston

A pre-conference Algorithm Training instructed by Suzanne Connolly, has been scheduled for October 18th and 19th, 2007 from 8:30 am to 5:00 pm each day. Location of the training is the same as the conference, the Holiday Inn, Boston-Peabody at One Newbury Street, Peabody MA.

There will be a full Continental Breakfast served each day for the those attending with healthy choices such as sliced fruits, granola, yogurt, assorted juices, coffee, tea, and pastries. Lunch, however, is not included and is “on-your-own.”

Please remember that if you decide to attend and stay at the Hotel you can ask for the “Callahan Techniques discount” for your room.

Early discount price (if paid in full 4 weeks prior to Training) is \$300.00. Students who enroll from two to four weeks before the training will pay a fee of \$325. Those enrolling less than two weeks before the training will pay the full price of \$350.00.

For further information, and enrollments, please contact Suzanne directly at:

**Suzanne Connolly Workshops**  
E-mail: [suzanne@thoughtfieldtherapy.net](mailto:suzanne@thoughtfieldtherapy.net)  
Phone: (800)656-4496

### WE LOVE SUCCESS STORIES!

And, we want to hear yours! Write your success story in one, short paragraph. Some of the best success stories are the ones that not only surprise the client but also amaze the practitioner. Or, the treatment that had a surprising conclusion.

Write it down. **And, then, send it!**

Send yours to:

Dr. David Hanson, *UPdate Editor*

P.O. Box 1220

La Quinta, CA, 92247

Or, e-mail it to: [david@tftrx.com](mailto:david@tftrx.com)



Joanne Callahan, MBA  
President  
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# NEWS ATFT Foundation

## ATFT Foundations Lead the Way

**Our upcoming ATFT International Conference says it all, *"Healing the World with TFT"*. This has been my own personal goal for TFT and I am so happy to say that our ATFT Foundations are doing just that. Each year, through the work of our foundations, we are able to teach and help more people in need and provide the healing tool of TFT to more of the world.**

This issue of ATFT Update is packed with articles recounting touching stories from Rwanda, Tanzania and Nairobi. Our teams have completed a PTSD study, treated hundreds of orphans, taught

hundreds of school children and community leaders in many villages, and established the ground work for larger, farther reaching missions for next year and the years to follow.

Our conference will share these healing efforts and those from last year and the Hurricane Katrina deployments with you, our members. We will learn how we succeeded, what differences we have made in the lives of those we touched and how we can improve our relief efforts and do better in the future. Several members of the Rwanda team were skilled videographers and have made documentaries of their trip. A rare opportunity for all of us to experience Rwanda.

Our newly formed Association for Thought Field Therapy Foundation (UK) is well on its way to receiving full charitable status. We hope to have an exciting announcement for the conference. This board has already submitted its

first grant to assist the Irish survivors of institutional abuse.

The ATFT Foundation (USA) has just submitted a proposal for funding for several research projects including work with Iraqi war veterans (Robert Bray, PhD), TFT and another one with fMRI (Ian Graham, BSc, CBiol, MIBiol) and TFT and HRV (Roger J Callahan, PhD). This proposal also includes funding for a humanitarian medical clinic for TFT use with a medical practice.

Ildiko Scurr has taken on the chair of the fund raising committee. Remember, funds are the fuel for our engine of relief. Please contact her, [ildikotft@hotmail.com](mailto:ildikotft@hotmail.com) if you can assist in any way. We really appreciate her efforts and her drive.

I want to thank our hard working and dedicated boards, Dr. Mary Cowley, Dr. Jenny Edwards, Dr. Norma Gairdner, Dr. Chris Semmens and Dr. Paul Oas (for ATFT Foundation US) and Eileen McMahon, Steve McNulty, and Colin Davies (Assoc. for Thought Field Therapy Foundation [UK]) for all their selfless efforts to make the foundations' work a success. And most of all, I want to thank all of you, for without your generous support, we would not have been able to help so many and go so far.

**Don't miss this conference! It will touch your hearts and inspire your minds.**

## ATFT Foundation

is a nonprofit public benefit corporation whose purpose is to support the Association for Thought Field Therapy by furthering research, education and general charitable purposes related to Thought Field Therapy®.

### Board of Directors:

President - Joanne M. Callahan, MBA  
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MappPsych. BSc  
Norma Gairdner, HD, TFT-Dx  
Paul Oas, PhD, TFT-Dx

*Please consider making a donation to the ATFT FOUNDATION (it's tax deductible) to support good works like these.*

# TFT Goes To Graduate School

## Arizona State University Students Tap Into the Magic of TFT in a Special Social Work Program!

**Thought Field Therapy® played a major role in a successful new Social Work program taught at Arizona State University this summer.**

The graduate level class, Holistic Social Work was taught by Suzanne M Connolly, LCSW, LMFT, an ASU graduate who was invited to teach the class this summer under the auspices of ASU's College of Public Health. This class is part of a Certification program being offered to ASU graduate students in various fields such as Nursing, Social Work and Psychology.

The class exposes students to holistic therapies such as acupuncture, Jin Shin, Ericksonian Hypnosis, drumming circles, shamanism, pet assisted therapy, yoga,

Chakras, and the enneagram. A special treat was that Dr. Steven Lankton, well known speaker and writer on Ericksonian Hypnosis, accepted Suzanne's invitation to present for three hours during one of the classes. Many other talented guests added to the richness of the class but it seemed the piece that the students felt would be most valuable to them in Social Work practice was; no surprise, Thought Field Therapy.

Several students are pushing for a class in the future on just using TFT in Social Work practice and Suzanne is also

exploring options for doing research on TFT at ASU. Perhaps we will hear more about these possibilities as they develop.



A bird's eye view of the ASU campus looking Northeast through the center of campus with Old Main in the lower center and Manzanita Hall in the upper left.

# ATFT Update

would like to Congratulate and welcome our newest VT-Level Member!



**Sean Quigley, TFF-VT**

Sean Quigley is our newest VT level member. Before coming to TFT, Sean trained in many areas of therapy including NLP in which he is a Master Practitioner and Trainer and Ericksonian Hypnosis. However, he found that although often effective, the other therapies he had studied were not nearly as effective as TFT. Sean now uses TFT-Voice Technology to treat clients quickly and effectively, both in person and world wide over the telephone. His compassion, enthusiasm and exceptional intuition, make him a great ambassador for this unique and truly brilliant therapy. Sean also runs a one-on-one coaching practice, working with a range of clients from **amateur** to **elite**

and **world class** athletes, as well as clients with emotional and physical problems. In addition to his private practice, Sean offers TFT trainings all over the world.

**Congratulations, Sean!** As Editor of ATFT Update magazine, it is my pleasure to offer you our most sincere best wishes and our thanks for your brilliant efforts to spread TFT throughout the world!

- David Hanson, DEH, TFT-Dx  
Editor, ATFT Update

To contact Sean Quigley:  
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Phone: +447899818905 E-mail: sean@tft-vt.com

# ATFT Leaders



ATFT LEADERS is a recurring feature of ATFT Update in which we recognize those TFT practitioners, teachers and enthusiasts who have distinguished themselves through achievement, service or merit. If you know of a TFT'er who deserves recognition, please send your nomination and a brief statement as to why you feel your candidate should be recognized to: EDITOR, ATFT Update, PO Box 1277, La Quinta, CA 92247

Suzanne Connolly is state licenced as a Clinical Social Worker, and works with individuals, couples, families and groups in her private practice in Sedona, Arizona. She is recognized in this issue of ATFT UPDATE because of her immense contribution to the furtherance of TFT worldwide.

*She was the FIRST person to teach ALGORITHM LEVEL TFT. She has served on the ATFT Board of Directors, and has even authored a book titled, "Clinical Applications, INTEGRATING TFT in PSYCHOTHERAPY".*

*She has participated in three trauma relief missions in New Orleans and Rwanda where she also teaches TFT to local practitioners. She is also a regular contributor to ATFT Update.*

*Thank you, Suzanne, for your tireless efforts in spreading TFT throughout the world. You are a great humanitarian and an important member of our organization and we appreciate all that you have done.*



## SUCCESS STORY



Yvette Lamidey, TFT-Alg

**I'm newish to TFT, had seen Paul McKenna use TFT at a weight loss seminar in March 2005. I saw Paul use the technique again in 2006 at another seminar where I attended a break out session with Kevin Laye.**

I was fascinated by the techniques that he was using, the success that he was getting in just a few minutes and blown away by the quick and easy to use toxin test that highlighted all sorts of toxins. Incidentally, eliminating these toxins from my diet has led to further weight loss.

I found out that Kevin was running an Algorithm training course so I enrolled in the Algo class, and paid my course fees. What I experienced that day, in addition to

what I'd seen at the weight loss events and read in "Tapping the Healer" simply confirmed my gut instinct that this was something that I should explore more, that it could be a very powerful tool and help many people that I know, as well as myself, and that it would work well alongside NLP.

The week before I attended the Algo course, a client I was due to meet in London called me whilst on her long train journey from the North and said that she was in real trouble with motion sickness. She asked if I could do some NLP with her but I couldn't think of anything to do easily over the phone. So I looked through "Tapping the Healer", which was sitting on my desk, decided to try the stress algorithm and talked her through it the phone. Whilst she was writing down what to do, I was tapping myself and visualising Karen tapping herself.

She had to do the algorithm sequence every 30 minutes for the first 90 minutes to stop the nausea, and then she did it every 45 minutes. This stopped the nausea and by the end of the journey she was able to read for a few minutes. On the return journey she did the algorithm 2 or 3 times and this time was able to eat and drink on the journey and do some work. Over the next 5 or 6 journeys she continued to use the algo-

rithm treatment but needed to do it less and less and was able to eat, drink, use her laptop and read. Now she can go a whole journey without having to tap, doesn't have any motion sickness and can work for the whole journey if she needs to.

Last month she went on holiday that included a long coach journey. She had also previously suffered very badly with motion sickness on coach journeys. She did the same algorithm treatment (as best she could remember it) and ***fell asleep before she completed the full holon.*** She woke up just before arriving at her destination without any feeling of nausea.

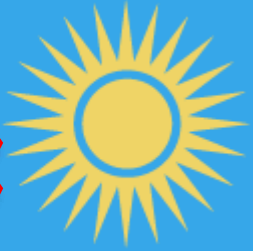
I've since used TFT to help friends over the phone, by mail and also via webcam and had good results.

Yes, its always preferable to do it on a face to face basis but needs must win out and 'a friend in need' and all that. Any opportunity to help someone and make them more comfortable quickly has to be a good opportunity.

I've nearly completed my Step A and am looking forward to completing the DX course later this year.

TFT is a cool set of tools and through it I have met some amazing people and heard such great stories from people about the cool things they have been doing with TFT.

# EL SHADDAI ORPHANAGE



## NIGHTMARES REPLACED WITH DREAMS OF A FUTURE.

by

**Gabriel Constans**

**Photos by: Audrey Blumeneau**



There's much more to Rwanda than the genocide that took place over thirteen years ago. Yes, there was plenty of carnage that lay in its wake and everyone in the country (the size of New Jersey) was directly affected, especially the children, many of whom ended up on the street, with distant relatives or friends or perished from neglect. Add the scourge of the AIDS pandemic and you found even more homeless and abandoned children living on the streets. The needs outstripped all available resources.



**Street children digging for scraps in a wheelbarrow of putrid meat.**

But it only takes one person to make a difference and the street children, also known as "street rebels" in Kigali, the capital of Rwanda, were blessed with one such man. His name is NZITUKUZE Sylvester. (In Kinyarwanda, the official language of Rwanda, last names go first and are capitalized).

While Sylvester was in the Rwandan Army he had a vision that he was somehow meant to help the street kids of Kigali. He followed his vision, left the army and started taking children into his home. It wasn't an easy task. A lot of the kids were filthy, disease-ridden, taking drugs, angry and traumatized. After a year or two of doing what he could on such a small scale, he was able to find an abandoned automotive building that had nothing in it but a large brick room with no windows on one side.

With the help of Pastor Peter Ilunga, who moved his church into the orphanage and Sandra Bagley, who at the time was working for the U.S. State Department and by chance happened in on the orphanage, Sylvester was able to start getting the children additional support, such as teachers for school and food and water.



As Sylvester (above) kept bringing more children into the orphanage, which

was named El Shaddai, the needs kept rising. By the year 2004, there were approximately 200 boys living at El Shaddai, with an additional 150-200 girls and boys attending classes there during the day and sleeping in various peoples' homes at night.

It was at this point in time that Pastor Paul Oas, a member of Christ Lutheran



**Dr. Paul Oas**

Church in San Diego, was referred to El Shaddai and encouraged his church congregation to help.

"I saw 500 kids coming out of the Congo three years ago and realized I had to do something," Paul says. "This gives meaning to life. I feel like I did when I was in my twenties. The passion is there, even though I'm now in my seventies. My mission is to mobilize and help others find their gifts." Christ Lutheran has

since been paying for all the children's food for several years and provided wood and lumber to build living quarters and classrooms at the orphanage.

The most recent ATFT trip to El Shaddai, led by Paul Oas (left) in April 2007, involved a multi-disciplinary team of medical personnel, planners, TFT trainers and researchers, a quilting instructor, photographer and journalist. Over a two and a half week period they worked at the orphanage from morning till night providing health care, quilting and job instruction, training and



**Whitney Woodruff, NP**

documentation.

The medical team consisted of Whitney Woodruff, who is a nurse practitioner; Joanna Ransier and Kelli Barber, both nurses; James Hall, a dentist; and assistants Paula Herring, Gabriel Constans, Audrey Blumeneau and their thirteen-year-old son Shona Blumeneau. The team saw over 200 children, who until this time have never had a medical check-up in their life. The exams included history and assessment, physical, eyes and dental, as well as photographs and hand imprints for a fund-raising project.

The children needing additional attention were taken to a Seventh Day Adventist health clinic, where they were treated and additional connections were made with a local doctor and dentists, who will continue providing ongoing care for the children of El Shaddai. The team has also arranged for an additional nurse to work at El Shaddai and for transportation to and from the clinic (all to be paid for by the generosity of Christ Lutheran in San Diego).

Traveling to Rwanda and working at the orphanage was a life-changing experience for everyone involved.

Whitney Woodruff says, "Working with the kids here is overwhelming. I've seen



**Joanna Ransier, RN**

more children in one day than I do in a week of private practice."

Joanna Ransier added, "It seems like a working vacation. It's the fulfillment of a lifetime dream. Since I was sixteen I



**Kelli Barber, RN**

knew I've wanted to do something like this."

"When I first arrived I had feelings of sympathy for the kids having so little, but now I see their strength and sense of self



**James Hall, DDS**

and community. I was in awe and humbled," states Kelli Barber.

James Hall says, "Just connecting with each of the kids and making eye contact, is amazing. The sound of the music and



**Paula Herring**

voices was overwhelming today. I had tears running down my cheek."

Paula Herring explains, "This trip reminds me what is important. Before I came I thought of the kids here as having nothing and little to be thankful for, but since I've been working at the orphanage I see a lot of potential and a sense of hope



**Shona Blumeneau**

that not only they, but most Rwandan's seem to have."

Shona Blumeneau concluded gave a teenager's perspective, "I've learned that I like working with kids and I can do that anywhere, even if I don't speak their language. Everyone here has a story about how their life has been since the genocide, about living on the street until Sylvester came and told them about El Shaddai. I am definitely coming back to Rwanda next year and the year after that."

One of the things discovered by the medical team was the amount of illness and suffering the children were experiencing because of a bad and scarce water supply. Before leaving the medical staff, with the assistance of James Hall, Paul Oas and Tim Botsko, was able to get additional water deliveries to the

orphanage and filters donated from a local water company to have clean water for drinking and washing. The medical staff also provided an orphanage wide educational program on personal hygiene,



**Kitchen facility**

which included drinking more water and hand washing and bathing.

Gabriel and Shona also brought four suit cases of donated soccer uniforms to El Shaddai from Santa Cruz (enough for four entire teams) and the children had grins from ear to ear when they were presented with cleats, socks, shorts and shirts. They posed for pictures and played all afternoon, never dreaming they



would have such outfits to play in on their muddy rutted rock filled grounds.

While the medical team worked tirelessly in one room, the TFT research group with Caroline Sakai as the lead researcher, interviewed and video taped about twenty children they had treated the year before. The ATFT kindly provided the funds for this research. Her fellow researchers included Suzanne Connolly and Dottie Webster, both of whom were involved in the original trainings. They not only found that most of the treatments for nightmares, bed-wetting, anxiety, depression and anger held up, they also discovered that many of the children had and/or were teaching what they knew to other children inside and out of the orphanage.

Dr. Caroline Sakai says, "It is so awesome to see the courage and resilience of the children. They've been able to



**Caroline Sakai, PhD**

effectively use TFT when they have a concern. So many of the kids said before they felt so different and they didn't have hope and now they feel like they have hope."

"We haven't given them fish, but taught them how to fish. It a thrill to see the treatment of the children and see the light go on," says Dottie Webster.

El Shaddai now provides food, health care, education and shelter (though vastly inadequate and dilapidated), but what happens to children when it's time to leave? That is the question that faced many of the team members after their last

trip to Rwanda and is one of the primary reasons that Daisy Gale came and worked her beautiful behind off setting up a training program for six of the older boys, teaching them how to sew, maintain their machines and put together unique,



**Suzanne Connolly, LCSW**



**Dottie Webster**

one-of-a-kind African quilts and find the best places in town to buy material for their products.



**Daisy Gale**

"I've been trying to get here for 15 to 16 years," claims Daisy. "Sandra Bagley is a good friend and helped facilitate my adoptions. I have eight children and she helped me get the last four. I look at the kids I'm working with here and they remind me of my kids. It's like I've been here before."

Daisy helped set up bank accounts for each of the young men and Suzanne Connolly already found one local outlet at the Mille Colliene (better known as Hotel Rwanda), as well as a business manager. Suzanne and Dottie also have possible outlets for the children's creations in Sedona Arizona, with the help of their local club.



**Apprentice Quilt Artist**

"I don't care if people know anything about me," Daisy says, "I want people to know that it doesn't matter if it's these kids or somewhere else. It doesn't matter how much you get involved or where, just get involved!"

While much of the work was taking place at El Shaddai, Suzanne, assisted by Caroline, Dottie and Gabriel, as well as three interpreters, were teaching classes on TFT to a variety of individual's, groups and organizations at other locations in Kigali. One of the two

complete algorithm trainings was sponsored by ATFT and attended by 52 people, many in trauma relief positions on a national level. The other ATFT sponsored training was co-sponsored by US Aide and Catholic Relief Services. This was attended by 29 people who work in orphanages and mostly with street children. Suzanne also provided another ATFT sponsored review training for 20 community leaders who attended the algorithm training last year. The El Shaddai teachers were a part of this group. Some of the comments by the participants included:

"They have been traumatized, affected by drugs and controlled by fear and hardships. We get all those children and show them the skills and methods of TFT. We have seen tremendous changes." (Sandrine).

"It is like an answered prayer. These techniques have helped the children's lives. Their traumas have been set free so their eyes are set on the future." (Sylvester).

"These things have touched us and our families and our loved ones." (Julienne).

"I was always going with that kind of grief, but TFT has helped me find inner peace." (Dsee).

"I am grateful for the person who discovered these techniques. It came to Rwanda at the right time, because of all that have been traumatized. From the

The teachers that are like Mom and Dad are the ones that will continue to be here when we leave, not us. So many of the kids said before that they felt so different and they had no hope. Now they feel like they have hope."

In the background, but directly affecting every aspect of the journey to El Shaddai, was the work of Tim Botsko and Paul Oas. They were finagling our daily transportation to and from the orphanage, the clinics, places to eat lunch and dinner, copy machines, banks, lumber yards and markets. They kept everyone connected and communicated hour by hour who was where when and what the plan was later that day. They also held the purse strings for many of the activities and programs at El Shaddai and continually negotiated and directed meetings with various people involved in the orphanage.

Tim, who visited Rwanda with the same group last year, said, "Something about the people and the way things work feels natural to me." He likes getting the lay of the land and where things are and is good at making positive things happen. By the time we left, a more effective medical model and support system was in place at El Shaddai, a cleaner water source and a more transparent financial



**Suzanne Connolly teaching TFT with interpreter, Pastor Norman**

children up to the elders, we have all been traumatized. It is a technique that is so simple, yet so powerful." (Pierre)

"Thanks to all members of ATFT who gave their financial and emotional support for this effort. It has paid off in ways we will never be able to completely know," states Suzanne. "We try to stay in the background and train the community.



**Tim Botsko (upper left) with some El Shaddai children**

system with Pastor Paul Norman Desire and the local bishop providing oversight and accountability.

Yes, there is a lot more happening in Rwanda than recovering from genocide. It is a beautiful country, with a lush landscape, invigorated economy and a stable government. Life is improving day by day. Where there once was nothing but devastation and loss now exists rebuilding and hope. People who were once thought of as "the living dead" and nothing more than "street rebels" now

have a chance and a future. We believe the ATFT mission to Rwanda has been a small catalyst in this change and are committed to continuing to help the people and children of Rwanda thrive, especially those who live at a humble dwelling called El Shaddai.

With your help, we can continue to keep Sylvester's vision not only alive, but expanding, until one day soon, we can build a new facility with enough space and staff to bring in the rest of the kids still trying to survive on the streets of Kigali.

**Keep Your Skills  
Current  
or  
Learn New Ones!  
TFT is  
continuing to evolve!**

**The Boston Conference is fast approaching. Offered will be many opportunities for training and new learning.**

- \* New TRAINER's TRAINING
- \* Marketing Workshop
- \* Introduction to TFT Workshop
- \* Diagnostic Training (Dx)
- \* Algorithm Training (Algo)

**Call Christine Trautner at  
(760) 564-1008 for more  
information.**

**E-mail: [Chris@tftx.com](mailto:Chris@tftx.com)**

**EDITOR'S NOTE: Suzanne Connolly is honored in this issue as one of ATFT's distinguished members. See Page 6.**

*"We appreciate your services ..."*

Suzanne Connolly reflects on her most recent trip to Rwanda

*Purpose: To make as meaningful as possible this life that has been bestowed upon us, to live in such a way that we may be proud of ourselves, to act in such a way that some part of us lives on.*

*-Oswald Spengler, German Philosopher*

Kigali is a city set among gently rolling hills that bask in the equatorial sun by day and sparkle with a generous scattering of electric lights by night. Women in traditional brightly colored dress carry baskets of bananas and other fruits and vegetables gracefully balanced on their heads. Men balance heavy sacks of beans, potatoes, refuse and wood upon their heads and shoulders as they nimbly make their way through traffic and up and down hills. Horns honk as skilled drivers somehow avoid hitting pedestrians, taxis, buses, motorcycle taxis and each other.

Outwardly peace reigns in a land just thirteen years ago devastated by a genocide in which over eight hundred thousand men, women and children lost their lives within a four month time span. Inwardly there continues to be much suffering. Those who can remember the genocide horrors of 1996 and the genocides of years prior cannot easily forget. There is no one in Rwanda whose life has not been touched and forever changed by these events. It's difficult to imagine.

It is difficult to imagine because we have been sheltered from such tragedies and although we hear the stories it seems surreal. We try our best to imagine what it would be like and try to put ourselves in their place. It is difficult to imagine because there is an aura of peace and people of all ethnic groups are mingling once again despite the memories that haunt them from within.

We have come as much to drink in the sights and sounds and beauty that is Rwanda as to help alleviate the unspoken inner sorrows of those whose lives we may be graced to touch. As for some of us, Paul Oas, Dottie Webster, Caroline Sakai and myself and our all-around man Tim Botsko from Paul's Church, this is not our first trip to this part of Africa and we already know what the other nine members of the team will soon find out. What we five already know is that Rwanda will give us back more than we will ever be able to give.

It is time to leave Rwanda and I leave the guesthouse that has been my home for over two weeks in the early morning darkness. Caroline and Dottie have left earlier in the week and the rest of the group will leave later this morning. I am driven to the airport in a taxi and accompanied by a man known as Safari whose name is Jean Damascene. He has been an invaluable friend and coordinator for us all and we hug good-bye.

As I go through the security gate, the guard asks the purpose of my trip. I have been trained to say "tourist" but I have filled out a departure card and list my occupation as Social Worker. I can't resist the temptation to say "And I've done a little volunteer social work while I'm here also." He looks me in the eye and quietly says, "We appreciate your services." It's nice to hear and I feel good inside. Mother Theresa once said, "I

know that what I do is only a small drop in the ocean but it is a drop." We hope we have added a few drops to the good work that is occurring throughout Rwanda.

We have accomplished a lot for the short time we've been here. Jim Hall, a Dentist accompanying our team from San Diego, has examined the teeth of 400 orphans and taken those most in need to a local dentist who will continue to follow up with the children of El Shadai. Paul's Church, Christ Lutheran in San Diego, CA has agreed to pick up the continuing expenses.

Jim has taught the children the importance of brushing their teeth. He has let them know how important their teeth are and how important they are. Jim wonders what place the children who sleep four and six to a bed will find to keep their toothbrushes.

But the children will have a place to brush their teeth and to wash their hands. Our wonderful health team has paid a carpenter to build a washstand and they have placed a jerry-can with a faucet on it. Now hands can be washed after using the latrine and before eating.

The really good news, as if all that wasn't enough, is that the children now have, for the first time, safe water. Paul Oas and Jim Hall were able to arrange for an up-to-date water purification system to be installed where none has been before. This will undoubtedly cut down on the diseases that plague the children.

Miraculously, this water system was donated and installed free of charge.

Whitney Woodruff, a Nurse Practitioner and her two fellow nurses, Joanna Ransier and Kelli Barber have done the impossible. They stayed up to the wee hours of the night creating medical charts for all of the children and took those most in need to see a local doctor. The kindly local 7<sup>th</sup> Day Adventist Doctor will be following up with the children's medical needs and even visiting the children at the orphanage on a weekly basis.

The Nurses identified cases of Typhoid and Malaria and, most dramatically, saved the sight in one young boy's eye. The boy, J., had been poked in the eye with a stick a month before our arrival. He had received no medical attention and one eye was oozing pus and the other in immediate danger. Antibiotics were able to stop the infection and prevent blindness in the one eye although it was too late to save the other.



**Young quilters at work**

The self-help quilting project first conceived by Dottie Webster and myself was off to an impressive start. A quilting instructor, Daisy Gale from Utah, accompanied our team and I brought six sample quilts created by the Red Rock Quilters of Sedona. The Sedona women are fabulous quilters and the stunning quilts they provided were created entirely of African fabric brought back to the States last year by Dottie and myself. The sample quilts were a hit with everyone and the children, with Daisy's help, created their first quilted wall hanging. Dottie and I have been able to sell the first quilted wall hanging for \$400.00 proceeds which have been sent back to the orphanage.

The proceeds from the sale of the quilt will go back to the school quilters, older boys who need a way to make a living once they leave the orphanage, and one half of the proceeds will go to the orphanage itself. Dottie and David Webster have

hired and are paying the salary of a business manager for the quilting project and a local sewing teacher has been hired to teach quilting. My husband and I have agreed to pay the salary of the quilting teacher.

Dottie Webster worked day and night before our arrival in Kigali, doing the necessary paperwork to submit a grant application for this self-help project to the American Embassy. Paul, Dottie and I met with the United States of America Ambassador to Rwanda, Michael R. Arietti, for about an hour and had a nice chat and plugged the self-help quilting project. We look forward to the project growing to eventually include more children.

Caroline Sakai led our team in the one-year follow up to the TFT research that was begun one year ago. We also offered to treat the children for any problems, which hadn't been resolved during their prior treatments a year ago, or for any new problems that had arisen since we had last been there. Alas, most children had only health problems that needed to be addressed by our medical team. When it came to emotion problems they collectively reported no more "bad dreams during the day" (AKA flash Backs), no more nightmares, fewer bed wetting incidents, less anger, fewer headaches, increased ability to concentrate, improved ability and confidence to mingle with others, less shyness and more self esteem. Many said they had no problems at the moment but when problems did come up they did the tapping. Thanks to Roger for this gift and thanks to The ATFT Foundation for making this trip possible.

We were also able to treat several new children who hadn't received the benefits



American TFTers with teachers also trained in TFT. *Left to right middle row:* Suzanne, John, Dottie, Sandrine, Rose, and Caroline. *Back row:* Interpreters, Billie and Marcelle. *Front row:* Head teacher Julienne and Sylvestre

of TFT during last year's visit to El Shaddai.

Caroline and Dottie, two outstanding trainers and therapists, and three interpreters assisted me, as we trained 52 people in our first two-day algorithm training during this mission. Meeting Rooms, supplies, transportation and lodging were all paid for with contributions from the ATFT Foundation.



**Handing out certificates at the close of the St. Paul Training**



**Class of April 2007, Kigali Rwanda, St. Paul's Training**

Several of our new trainees held government positions relative to the treatment of trauma. ABATONI Jane GATETE, the executive Secretary of Association Rwandaise des Consiliers en Traumatisme with the Ministry of Health, had us over to their new counseling facility following the training. She expressed interest in us training even more therapists in Rwanda next year, perhaps at their impressive and expansive new facility.

The day after the algorithm training we facilitated a review training, attended by 20 of last years 33 trainees. Attendees came for the review training from throughout Rwanda and the Democratic Republic of the Congo. They were an enthusiastic group and shared success stories of using TFT with others and themselves. This group also attended compliments of the ATFT Foundation.

The next week was lonely without Dottie and Caroline. I did an impromptu one-day introduction to TFT training for

a group of Christian Women Counselors, *Women's foundation Ministries* that constitute the most utilized therapy group in Rwanda. They were an impressive group of women with a strong women's rights agenda. Their goals according their brochure included, "...to be good leaders for the Nation and not be leaders in the Kitchen." Their motto is *Faith in Action* and the leader of the group and some other women present had recently returned from Darfur where a group of Protestant women and a group of Catholic Women had gone to treat Muslim women for war related trauma.

The women were impressed with the dramatic results achieved in such a short time and want to find a way to have more training. Their own life stories were often heart wrenching but it was a privilege to have been a part of their healing through Thought Field Therapy.

The next day was a two-day training sponsored jointly by US Aide, Catholic Relief Services (CRS) and ATFT. US Aide is working with established groups such as CRS, CARE, and World Relief that have proven over time to be effective and efficient in delivering social services in Third World Countries. This training was attended by 29 social workers, Nuns, Brothers and lay persons who work with street children. The head of CRS in Rwanda, Sean T. Gallagher, gave an opening speech and Pascasie MUS-ABYEMUNGU, safety net coordinator gave a warm welcome.

Gabriel Constans assisted me in this training and was especially valuable with his help during the small group practices. This group provided a meeting room, audiovisual equipment, meals, transportation and even lodging for those who came from far away. ATFT paid for the manuals and the interpreters. The twenty-nine attendees all work with the 24 CRS safety net centers for street children located throughout Rwanda. I adopted this training and the others to include new information on what children who have been traumatized need in order to recover from trauma.

The day after the CRS training I was picked up by Pascasie and we visited two orphanages that also take in street children. The first orphanage I visited was an orphanage financed and run by a family in London and dedicated to the care of

Muslim orphans. It was well run and staffed by a combination of Muslim and CRS workers. There was a young man that was of special concern due to his unique traumatic experiences and I had been brought there to treat him. I exchanged a few friendly words in Arabic, the only ones I know, and the effort seemed to ease the tension in the room. I treated the young man, a street boy, for three traumas and he seemed much better. The young man had endured great suffering and I was so pleased that TFT was able to help him.

The next orphanage we visited was a well-run Catholic orphanage that took in children of all faiths. They had cows for milk and chickens and turkeys and a garden and a fishpond that farmed tilapia. But they had a limit to the number of children they could care for full time. I was asked to treat two street children that were given school uniforms to wear and hot meals whenever they could make it to the Center. However these children have no means to attend school. Locally, my hair stylist and friend, Jeff Nigelski, who doesn't accept tips, had his clients donate money to a fund for these two older children. The money already collected will send both children to school for one year.

Gabriel Constans and his wife Audrey and their son Shona were trip documentarians par excellence. They took lots of pictures, video, and audio and helped the medical team. Besides assisting me with the CRS training Gabrielle spent a day treating formerly untreated orphans who had been identified by the medical team as needing psychological help.

Tim Botsko and his wife Paula helped with everything and I mean everything! We could not have coordinated our many activities without their help. Tim ran certificates for the first algorithm training, got training materials printed in French and English in unbelievably difficult circumstances and brought training attendees bottled water. Tim also met with a local Kigali architect and began plans for the new orphanage building planned for next year and funded by Christ Lutheran Church.

There are many more stories and adventures to tell but I hope this gives everyone who is interested a bit of feedback about what this jointly sponsored ATFT

Foundation/ Christ Lutheran Church mission was all about.

Upon reflection, our team accomplished a good deal of good during our short stay in Rwanda. I am reminded of a quote from Helen Keller that I use in my trainings. "Life is full of suffering but it is full also of the overcoming of it." The purpose of TFT, at one level, may be to eliminate perturbations in the thought field but at an even deeper level, I believe this quote even better reflects what TFT is really all about.

On the way back home I read William Easterly's book, *The White Man's Burden*, chosen as Best Book of the Year by the *Economist*, *Financial Times* and *Washington Post*. Easterly, an economist details why foreign aid with some notable exceptions doesn't work. He supports a bottom up model of foreign aid rather than the usual top down where the aid dollars don't usually filter down to the people who need it most. It was satisfying to know, after reading his book, that our team is utilizing the foreign aid model that research demonstrates to be most effective.

We have tried to be a catalyst for change but the Rwandan people will be the ones that in the long run will make a difference. In the preface to the book *Rwanda: Towards Reconciliation, Good Government and Development*, it is explained that Rwandan President, Paul Kagame "believes that development can only be indigenous; it cannot be imposed even by well wishers." The work we began with the help of our Rwandan friends has been left in the capable hands of the many Rwandans we met along the way.

The hills of Rwanda will beckon us all back again to be sure, and will stay in our hearts forever more. There is a Rwandan saying "God roams the world by day but comes home to Rwanda to sleep at night."

As I boarded the plane and headed for home, the guard words continued to ring in my ears "Thank you for your services." His words hold true for all who had a part in making this trip possible. The Medical Team, the Training Team, the Treatment Team, the Research Team and those of you who contributed financially and/ or with your good wishes and prayers.

Suzanne Connolly, TFT-DX



# Testimonials

By David Hanson, DEH, TFT-Dx

## How PERSONAL RECOMMENDATIONS In Your Marketing Materials Can Help You Reach Your TARGET MARKET More Effectively

Testimonials are like a magic key when it comes to unlocking the power of your advertising or promotion. There are a number of reasons for this, but briefly stated, a testimonial is a personal recommendation from someone who has first hand experience with your service or product. Good testimonials are sort of like word-of-mouth advertising, which, we all know, is the best advertising that anyone can get.

The material I am sharing in this issue comes from my own experience. Some time ago, I decided to return to a part time practice and was exploring the niche market of pet loss. My discovery of this market was, I admit, accidental. It came because of a friend who was suffering extremely because of his decision to euthanize his dog.

After I successfully treated him with TFT, he said something that set me on a path that has been most rewarding, both professionally and personally. He said that he was glad that I (as his friend) was able to treat him because he would have felt odd calling a therapist from the telephone directory and asking for help because of the grief he was feeling over the passing of a dog.

He thought he might seem foolish to someone he did not know. Simply, he was afraid that a professional therapist would not see his grief and emotional pain as real, because it stemmed from the loss of an animal. Or worse, would attempt to marginalize his grief with some statement like, "It was just a dog..." And, yes, there are people in the world who will say stupid things like that. I have encountered them myself. Most often they are people who are not trying to be mean-spirited. It's just that they

have never known the joy of a deep relationship with a non-human life.

I reasoned that if my friend, a college educated, successful, talented, professional felt ill-at-ease asking for help in coping with the loss of his canine friend, there were probably lots more people who felt the same way.

I live in Palm Springs, CA which is, more or less, a rather affluent resort town/retirement community. Because so many retirees choose to retire to the warmth of the desert, it is also populated heavily with seniors who are now 'empty nesters' and have found room in their lives to share with a small dog or cat that can act as a surrogate for the children they no longer have at home to care for. The area is also heavily populated by gay people who, even though they may not procreate, still have a parenting instinct that is sometimes satisfied by "parenting" and loving a small, four-legged friend. I know. I have two Pekingese dogs of my own. I even call them "the kids." They are my constant companions and the love I feel for each of them is no less real than I feel for the humans in my life whom I also love.

Having worked in the field of grief and bereavement for a number of years helping people through the loss of a

human partner, friend or family member, I know that it is possible to mourn the loss of a cherished pet as deeply (and sometimes more profoundly) than one might mourn the loss of a human.

And, if the individual has to make the decision to end the animal's life through euthanasia, there can be other problems like guilt, trauma, and endless self-questioning. In some ways, these feelings can be very similar to those experienced by people who must make the decision to end life support of a terminally ill family member. In each case, the decision can be emotionally agonizing.

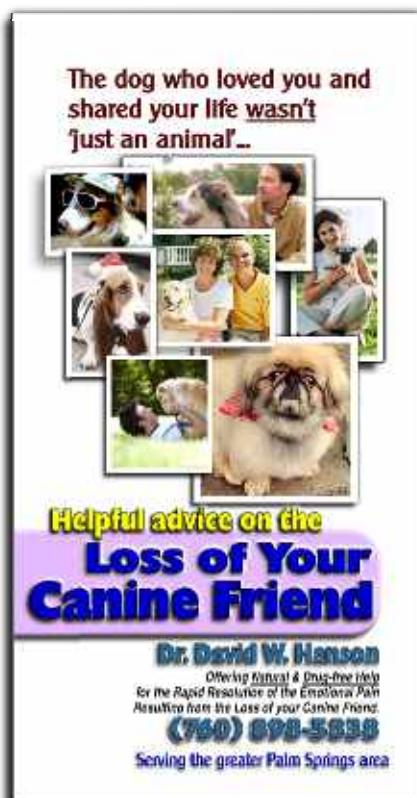
At any rate, the experience and insight I gained in helping my friend through the loss of his dog made me think. His chance statement about not wanting to be seen as foolish grieving an animal, caused me to begin to investigate to see if there was anyone in my local community who was actively seeking to help bereaved pet owners. I was not enormously surprised to find that there were none. It was then that I decided to make pet loss one of the focuses of my work.

I set about the chore of designing an advertising piece to reach these people that I could leave in pet stores and veterinary office waiting rooms. I had never written anything like that before and my progress was slow.

Rewrite after rewrite, nothing I wrote seemed to work. When I would stop to review what I had written, it either seemed too "gushy" or "sappy" or too "this-guy-is-really-full-of-himself" and the message seemed to get lost.

Then, late one evening, I got the idea to ask my friend whom I had earlier helped to write me just a sentence or two about his experience with me and TFT. A simple testimonial. I just wanted a couple of sentences to use as (what copywriters call) a 'hook' on which to hang the rest of the text.

The next time I saw Tim (that's his real name), I explained what I was going to do and asked if he would be kind enough to write me those cherished *two sentences*. He assured me that he would be happy to help me because I had helped him. I promised not to use his name but he told me that it was perfectly fine to *include his name*.



My conversation with Tim regarding the preparation of a testimonial statement happened right around the middle of October of 2006. He assured me he would get at it and have it to me "soon."

One week, then two passed without a word. The holidays are busy for entertainers and I reasoned that Tim must be busy with performance dates. But, knowing him like I do, I knew he was good to his word and I waited.

Then Thanksgiving came and went. Still no word from Tim. Then the Christmas season, still no testimonial.

During that time, I experienced a loss of my own. My aging Pekingese, Jamie, went to the vet for a simple day surgery. Something very routine. But something went very, very, wrong. A small blood clot, caused by the surgery, migrated to his brain. And, five days later and after a series of small strokes, he died.

Because I work from home, I was there through the gradual loss of his faculties and his passing. I fell apart. The emotional pain of having my 'best friend' ripped from my life was devastating. I treated myself for the worst of it and, sure enough, the TFT did the job. It relieved the feelings I was having almost instantly but nothing would change the fact that this would be my first Christmas in many without my friend. I was in a funk.

I kept tapping. Every time I would encounter a new emotional facet of my loss, I would tap some more and it helped immensely.

Then Christmas Eve finally rolled around. In the early evening I fired up the computer to get the e-mails and I immediately notice one from Tim. The message only said, "**Here it is, sorry it is so late. Merry Christmas.**" I opened the attachment to find the message you see reproduced below.

It was the best Christmas gift I could ever have received. And, as I read it, I knew it was exactly the right message to help me reach other people who had lost a beloved pet.

I stood there - reading and rereading it, reflecting on my own loss. And, as I did, it moved me into a thought field that gave me the most productive personal tapping session I have ever had.

Funny how the Universe works, isn't it?

**Left:** Cover of the brochure I use to reach new pet loss clients. (**Note:** My now-deceased canine friend, Jamie, is the largest of the pictures.)

**Below:** The inside panel of the brochure with the actual testimonial reprinted here with permission.



Dear Friend,

My border collie, Murphy, was an extraordinary spirit who enriched my life immeasurably. He was, in effect, "the nicest person I knew"...cheerful, happy, and affectionate to all. When he reached the age of fourteen, his health began to fail dramatically, and slow organ failure had reduced his life to a miserable existence.

In an attempt to make the most compassionate decision possible, I sought the advice of his veterinarian and subsequently had him euthanized.

While I had psychologically prepared myself for the process of mourning his absence, I truly had not thought about the intensity of emotion that would be precipitated by my having made the conscious decision to have Murphy's life ended. I was genuinely devastated by feelings of sadness, guilt and confusion for weeks after his passing.

I had met Dr. David Hanson in my work as an entertainer, and in one of our many conversations, he told me of his work in the arena of **Thought Field Therapy**.

When he offered to help me address my challenges in mourning Murphy through an impromptu session of therapy, I consented with only faint belief in its ability to help.

**Despite my hesitation, the session proved to be a miraculous experience. Almost immediately afterward, I felt a clarity of thought and a lightness of spirit unlike anything I had experienced in weeks. Dr. Hanson's treatment allowed me to process emotions that had simply remained in my head and heart as an unsolvable puzzle of pain and angst.**

I will always be grateful for the gift of his healing treatment, and I encourage anyone who has suffered a loss of this nature to seek him out.

*- Tim Bruneau*

# New ALGO TRAINER'S TRAINING Offered as Pre-Conference Event

## Jennifer Edwards, PhD to Instruct

### Wed. & Thur., October 17 & 18, 2007

ATFT is proud to announce that the new **Trainer's Training Course** has been scheduled as a pre-conference event on Wednesday and Thursday Oct 17 & 18, 2007. This is a two-day course being offered to all approved TFT Trainers. Successful completion of this course allows the trainer to use the designation, Registered Certified Trainer (RCT).

Jennifer Edwards, PhD is the instructor of the Trainer's Training Course. She was selected for this position for many reasons:

- \* She rewrote and edited the new algorithm training manual.
- \* She developed the PowerPoint presentation to coordinate with the new manual.

\* She gathered and compiled the ideas, practices, and methods of training from our top trainers.

\* She authored the **Trainer's Training Manual**.

In addition to her scholarly familiarity with the written materials, she has taught algorithm classes in 10 countries and in 4 languages and continues to travel the world extensively teaching TFT algorithms. She is a superb trainer, with a background in education and speaks five languages.

Jenny is well-known for her unique, energetic, highly effective presentation and training techniques. She will be sharing those techniques that have served her so well in this training. Don't miss it!



The fee for this course is \$349 with early registration and \$389 for late registration. For information or a registration form, contact our ATFT Administrator, Bill Baranowski, [Bill@atft.org](mailto:Bill@atft.org).

**Be the first trainer in your area to use the RCT designation and have the best of teaching skills to offer your students!.**

## Introduction to Thought Field Therapy® (TFT) Learn How to Tap YOUR Healer Within with **THOUGHT FIELD THERAPY®**

**"The most powerful technique for change you will ever experience!"**

### Special Pre-Conference Workshop

This introductory training is being offered to the public as part of the program of events for the ATFT International Conference. Participants will have the opportunity to discuss TFT with facilitator and ATFT President, Steve McNulty - TFT-RCT, and other TFT experts during and after the training!

Learn how to eliminate trauma, fear, anxiety, anger and guilt and increase confidence and energy  
**IN MINUTES!—YES, MINUTES!!**

TFT works by tapping on the body's energy meridian points in a precise sequence to release negative emotions and free you to live your life as you choose to. It is a drug-free and non-invasive method of tapping into the body's energy and eliminating blockages.

Discovered and developed by Clinical Psychologist, Dr Roger Callahan, TFT is the subject of the popular books, "Tapping the Healer Within" and "Stop the Nightmares of Trauma".



Steve McNulty is certified by Callahan Techniques® as a TFT Algorithm Trainer and was personally trained by Dr. Roger Callahan the TFT's Founder. Steve is currently the President of the Association of Thought Field Therapy (ATFT). Based in both the USA and the UK, Steve travels worldwide spreading the word of TFT.

**\$50 special introductory price**

**\$40 for early bird booking**

**(\$30 for Police, Firefighters, Paramedics, other 1st responders and full-time students.)**

To Register for this event, contact:

[bill@atft.org](mailto:bill@atft.org) or call (toll-free) (866) 396-1365

For more information on TFT

[www.tfttx.com](http://www.tfttx.com) and [www.atft.org](http://www.atft.org)

**ONE MORNING ONLY**  
**Friday 19th October**  
**Holiday Inn Boston (Peabody)**

**8:30 AM—12:00 Noon**

**There has never been a better time or opportunity to learn about TFT, the power therapy of the 21st Century!**

**Our Special Gift to You:**  
Each course participant will receive a signed copy of Dr Callahan's book "Tapping the Healer Within"

# Pathological Hoarder Or Just Stubborn?

By  
**Robert Bray, PhD**

I know lots of ways use TFT to quickly treat anxiety conditions such as Obsessive Compulsive Disorder (OCD). I don't know of any tapping to get a stubborn person to change their position until they are ready to change.

Of course, TFT will give relief to underlying traumatic stress or fears of the future that support the world view in which decisions are made and maintained, but this kind of change is not quick.

Understanding the power and limits of TFT and the **REAL** problem being presented by my client saves me from being frustrated and impatient with my clients – and makes me a much better psychotherapist.

A woman, age 62, is referred to me by another therapist. She and her husband had come to therapy to save their marriage. The husband was about to retire and had laid down an ultimatum: He would no longer live in a home full of useless, unorganized, and messy stuff.

If the marriage was to survive, she would have to get rid of all the clutter. This woman insisted she wanted to comply with her husband's demands but she just could not. Their therapist

recognized her problem as inability to tolerate the anxiety she felt when ever she would make decisions about what she should do and what material should be removed from their home – an anxiety that can be eliminated by TFT.

In the first visit with me, she was able to eliminate the uncomfortable feeling she had as she planned to separate the useful art material she had stored for years in and around her home. She was,

***"She was, for the first time, making a plan – not shutting down – not avoiding – not blaming others for her own indecision."***

for the first time, making a plan – not shutting down – not avoiding – not blaming others for her own indecision.

She picked a small area to clean out. In her mind, she was making decisions about what would be stored in an empty cabinet, what would be sold or given

away, and what would be thrown out. Each time she started to feel some discomfort in her body or found her mind going off track to an irrelevant issue she would tap and come back on task.

As with all TFT, the true test is in her day-to-day reality. A week later she reported she had accomplished the task she had set out for herself without further distress. With the knowledge now established that TFT can help her with the distress, we began the bigger challenge of finding the motivation to continue to sort through the years of stuff and organize her life to her and her husband's satisfaction.

In her husband's words, she needed to "get up off her butt and focus on the job to be done". After getting to know this woman a bit better, it was clear to me that she did not have trouble focusing on what she wanted and, on a daily basis, was off her butt most of the time.

The problem for her was not one of a single phobic response to a specific item or situation; it was about her life style and her relationship with herself and to those who hold an intimate place in her life. Why would she want to continue to do the difficult task of sorting through her home? All of us who have had to move to a new residence or help our friends and family sort through years of accumulated material know this is serious work involving lots of time and energy. TFT can help eliminate the anxiety associated with decision making and help us live with uncertainty that comes from living in a world where the only thing we know for sure is that change will occur.

We can only make the best choice among the options in front of us at any given moment. Once the anxiety is gone the decision still must be made and the

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work done. People with a hoarding pattern often say they are afraid to let go of something because they feel or think that they will make a wrong decision about what will prove useful next week or next year. After using the OCD algorithm or causal diagnosis to eliminate the bad feelings the work must still be done and the changes made.

We can think of the motivation behind peoples actions in a few large categories:

**1. People do things because they are following through on the continuation of long term goals or habits;**

**2. People do things because they are forced to by external events; or**

**3. Because they have recognized a deeper understanding of their own needs and desires.**

The first category is one of gradual (and often *small*) alterations in the actions of our lives. As an example, I stopped changing the oil in my car engine and doing basic maintenance because I can now afford to have it done at a shop. My goal has always been to spend as much time with my wife as I can.

The next broad category of motivation for change is a result of external demands forcing us to respond in a different way because the old way is no longer possible. Examples: Taking a cab and riding the bus because of a failure taking the test to renew a driver's license. Or, *not* drinking the forth cup of coffee because it caused the jitters and shakiness in the hands.

These changes are beyond our control and are not easy to accept but survival necessitates the change in our behavior.

Then there is change that happens as a result of a deeper understanding of what it means to be in-line with who and what we are.

From a personal perspective, I know that I will sometimes swap an old behavior for a new one because the new one better expresses of my ethics and aesthetics. My choices in this vein are colored by my belief system about the nature of myself, my life, my world and the people in it, along with my education and experiences.

In almost everyone, these beliefs form a set of values about the preferred ways of

being and acting that all of us create as we grow into mature beings.

These values are expressed through our esthetics and ethics. Ethics are standards of *right and wrong* or *good and bad* that inform our decisions and actions.

***To force this woman to change in response to the external demands of her husband had little chance of succeeding in the long term to motivate a change.***

Aesthetics are standards of beauty and pleasure that also help to form our choices. TFT will not change these values.

So how can TFT help in making large permanent change in this client's lifestyle? First, we must understand that motivation to change will not come from long standing goals and habits alone.

Where my client was concerned, her opinion that she had been living quite happily in this clutter for years seemed to work for her. She saw herself as very much in-line with her thrifty and environmental values in not throwing anything out. Her long term life goals and habits provided little motivation to continue the difficult task of reorganizing her home and life.

To force this woman to change in response to the external demands of her husband had little chance of succeeding in the long term to motivate a change. She was raised by a demanding, never satisfied mother and an absent alcoholic father. She had become expert at knowing how to just barely do what is required to get by. And she was doing the same with her husband, giving in just enough to keep the marriage but not enough to satisfy either one of them. This, as a motivation to change, would not work.

What did seem to motivate her to continue to do the work of separating and organizing was the realization that she did not like the way her home looked. As an artist, she had developed a strong sense of what pleased her and what had meaning to her. When I suggested she look at the space she live in the way she would look at a gallery or display area, the work to get rid of clutter became important to her. She was willing to make decision and carry

them out with this motivation.

Occasionally, some decision-making anxiety would come up, but this easily eliminated with TFT. Her confidence improved as, one by one, triggers related to past traumas from decisions were tapped away.

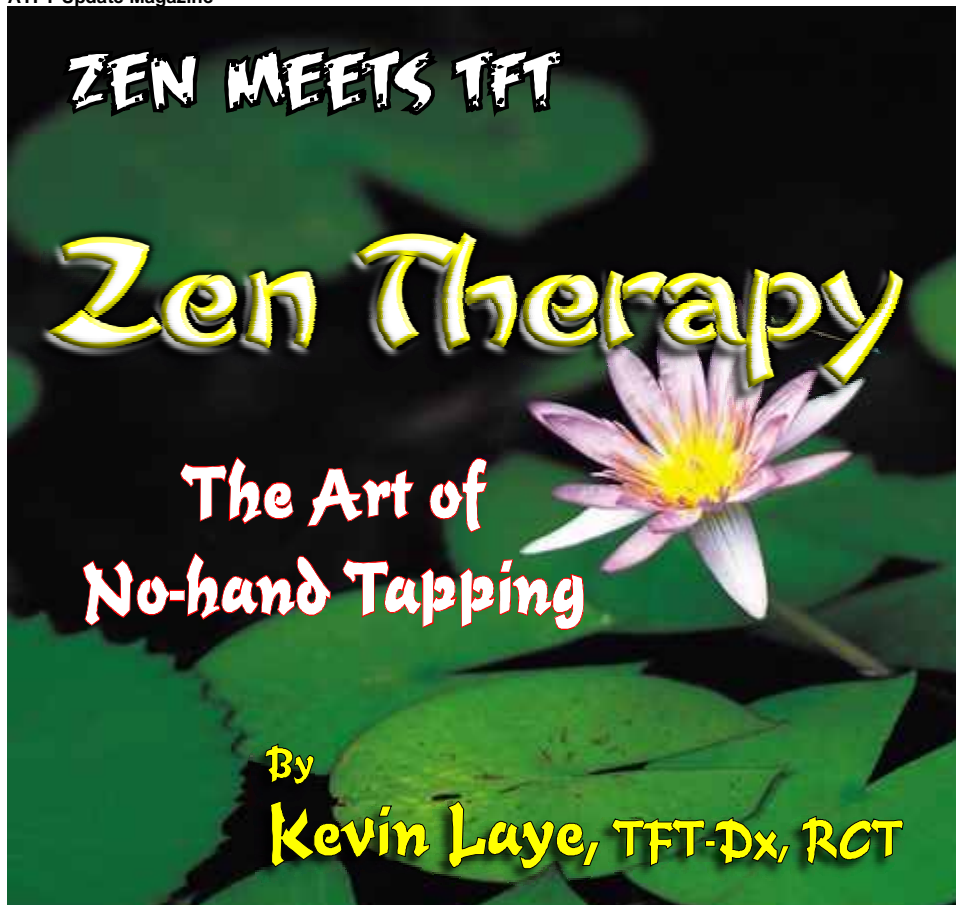
Living to our highest standards of our ethics and aesthesis is often the best motivation for change. TFT eliminates the blocks to making these changes.

How much of her clutter was out of pathology or out stubbornness doesn't matter in the end. She has made a change in her life to her husband's satisfaction, to her own satisfaction and to me (her therapist's) satisfaction. The more we use TFT the more we learn about how to apply it with patience, precision, and power.

**This article's author,  
Dr. Robert Bray,  
Is just *one* of the  
Featured Speakers  
at the**

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International  
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Whilst on a flight a couple of years ago, as I sat shoe-horned in to my undersized seat (*or maybe its my body that is oversized...*) I became aware of a highly attentive stewardess paying all of her attention, sadly, not to me, but rather to an elderly lady whom she had escorted to a seat. It was an aisle seat like mine, some 3 or 4 rows ahead of me. As she seated lady and fastened her seatbelt for her, the stewardess spoke to her in a gentle and quiet voice. In her best stewardess voice, (*I wonder if they get issued one along with the uniform?*) she reassured the elderly lady that she would return to check on her periodically throughout the flight. The elderly lady thanked her as she settled back, buckled in for the flight home.

After scanning the safety card and the bad articles in the in flight magazine I began to look around the cabin as the plane taxied out for take off. I tend to notice peoples watches (*I have a thing for nice watches*) and as I was looking forward I noticed the watch but more so the hand of the elderly lady and noticed she was in a 'white knuckle' situation state, a kind of Defcon Level 1 regarding the impending flight.

When we have TFT at our fingertips it is all too easy to want to cure the world and this can sometimes be perceived as a little invasive. Also, as I have learnt to wait to be invited in before I create any such 'tappenings'. As with all things, however, there are exclusions to the norm and I felt this was such a case that warranted such an intervention. Sadly, physical restraints such as the seat belt and the 15-foot distance made this impossible. So I thought...

I like the word **Impossible** especially when you add a dash of 'what if' and convert it into "**I'm possible**" so I began to let my mind wander and wonder what if from here I was to imagine tapping the relevant points on the distressed elderly lady and find out what happened. So I did. Imagine that... I tapped with my thoughts into her thought field and saw the hands relaxing as I was going through the appropriate algorithm in my mind as I focused on the distress of the elderly lady in question.

She relaxed and so did I and I began to think about the possibilities of a whole new level of surrogacy with TFT and tying it in with my knowledge of the work of Rupert Sheldrake and also Edgar

Mitchell and his theories on quantum holograms, etc. (*Google time, I know.*) What are the limits? I don't know. Yet. I want to find out...now shall we explore some more. You see as I did her hands relaxed indicating to me she was getting more relaxed about the flight and at the, what seemed, appropriate moment I stopped the surrogacy '*remote*' work and began my hunt for other nice things to look for...'*watches*'.

As I watched, the elderly lady remained relaxed until we were descending and hit a little turbulence at which point she began to white knuckle it again, so once again my mind wandered 'what if' ...? So I found out, and noticed as she began to relax again back into both the seat and her previous relaxed state. Now even though the air was a little humid and sticky I thought 'cool' and let my mind wander some more about the '*I'm possibilities*' of what was possible with this new toy.

Roger has always advised us to retain a sense of 'wonderment' (*to plagiarize a Disney phrase*) and I love the moments in TFT when I get those real *hairs-on-my-arms-standing-up* moments. This was such a wonderment moment.

I was even more delighted as when we were disembarking the highly attentive stewardess went to collect the elderly lady and when asking how she was, was met with the reply, "Oh dear...I am fine... that was a really pleasant flight ... one of if not the best I have had, and I *thought* it would be terrible like the others" ...'Cool' my little internal voice registered the moment.

So what next...well nothing! Sorry... I returned to practice TFT in the way I know works so elegantly and exquisitely well in my clinic with my clients. After all, why change a perfectly good way to do something well.

Rolling on a few months in time.

Well until I was doing a stage demo with Paul McKenna, and in my session at the weight loss seminar when I asked the audience if anyone was in some noticeable pain. An audience member raised her hand and I asked her to come to the stage so I could demonstrate the power of TFT in pain relief on her. She then informed me her knees would not allow her to make the three stairs up to the stage as they were in too much pain right then.

Now, I could have asked for another member to come up as the demo but I remember a thought I had registered previously about TFT and distance, stood with my chin supported in my fingers and said, "Okay you stay there I'll do it from here." Then immediately thinking 'uh oh'... 'you are in a room full of 400 plus people, this could be a tough one if not Impossible'... 'oh well, go for it what's to lose? Just do it.'

I am of the school of Jedi's that does not believe in trying. As Master Yoda once said to Luke as he was training him **'Do or do not...there is no try'**

So I asked the lady to raise her hand so I could see it (*I wanted a clear line of sight to the gamut spot...I knew my snipers training would come in useful one day*). The lady complied and affirmed her pain level SUD was an 'easy eight', whatever that is.

So I tapped by surrogate remote tapping the g50-9g-sq and took her from an easy eight to a two at which point she came on to the stage and allowed me to take it to a one with an eye roll.

The pain never returned that day. She emailed me and arranged a visit as a client and in a single session we took away the pain and it has not returned since. Even on 'damp days' as she put it.

Another member of the audience that day contacted me and asked about the remote tapping thing and how far it worked to which I replied 'I don't know' which was a good response as I didn't and still don't know to this day.


She informed me her father was in some pain with rheumatoid arthritis and asked if I would be willing to work with him. "Sure," I said. "Get him along to Harley St and I'll see him there." "Ah, a problem," she replied. "He is in the Limosin region of France and can't get to London." She also explained that her sister was there living with him.

So I wandered for a moment and thought, then thought a little more, then a lot more, and asked if she would e-mail me some photos of her Father including his hands, face, and full body. She agreed and e-mailed them to me.

At a prearranged time, I called the number given after tiling the photos on my PC screen and spoke to the client with Arthritis whilst simultaneously tapping the pictures in my thoughts. (I think that by



**KEVIN LAYE** is a regular contributor to Update. He is a talented practitioner and trainer of TFT and other modalities in the UK. Kevin was a huge success in the corporate world before discovering TFT, which now is one of his passions. He now helps others with his broad-based knowledge of



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now you know where this is leading. Yes?)

I would like to by now have been surprised when I heard his other daughter say with a gasp, "Oh my goodness" followed by "are you okay, dad?"

"The stiffness is going and I tingle in my joints," he reassured her.

Well, we did some more work and he taps daily including CB2 treatments and using rescue remedy, which I suggested, and he is now back in his garden almost daily.

Since then, I have used the remote surrogacy as a demo when on stage with Paul and in my algorithm trainings, too, and encourage my trainees to play with it and experiment with it using it within the structure and architecture of TFT as developed by Roger and to use the sequences prescribed in the algorithm tables supplied.

So how does it work? Well, the obvious answer is 'Very well' as Roger would say, and to be honest I am happy with that response.

To quote Einstein, "The only true test is reality." And, my reality is that I have had positive experiences with this form of surrogacy when it has been required.

*I must emphatically state though that it does not take place of my normal TFT applications either at Algorithm or at DX level but supplements it and supports it when my mind wanders. If it's needed ... at all.*

I encourage you to explore, too. The real beauty of TFT is that it does no harm and if your intent is good then so should your result be, too.

I leave you with a few more quotes to chew over:

*'Think of your mind as a parachute, it only works when it's open'*

*'Those who say it can't be done should not interrupt those doing it'*

*'Not one of us is as smart as all of us'*

Happy tapping out there!  
Till the next time my mind wanders.

- Kevin Laye, TFT-Dx, RCT

# HEY! LOOK AT THIS!



## ATFT's member benefits are **Absolutely Great!**

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- "ATFT Update" magazine Hardcopy and E-Zine
- "Success Handbook" A great practice tool to use with clients. Can even be imprinted with your personal contact information
- Eligibility for LISTSERVE and FORUM MEMBERSHIPS: Our e-mail listserve keeps our members aware and involved with ATFT news and happenings.
- CLIENT PROMO AND INFORMATION MATERIALS: You'll receive our full-color brochure, "What You Need to Know About Thought Field Therapy®" for use with your clients. Also can be imprinted with your personal information.
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- ATFT Website Listing w/ your personal website clickable link

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**The Board of Directors is continually investigating ways in which ATFT can further benefit its members and invites suggestions from its members**

#### Classes of Membership and Yearly Dues:

- VT Membership: \$175
- Dx Membership: \$125
- Algorithm Membership: \$75
- Associate (non-voting; no training required): \$75

# BACK TO Tanzania

## A PICTORIAL REPORT

Submitted by  
**Alvaro Hernandez, TFT-Dx**

Dar es Salaam

of Zanzibar and Tanganyika. We were united by a common goal: to heal people with TFT. ("Terapia del campo mental" in Mexico or "Tankefelt Terapi" in Norway.)

Thanks to the help of local people, the Carmelite community, a group of 85 people was invited from within their Psychology in Spirituality program to learn Algorithms 1 and 2.

At the beginning of June 2007, a new group of TFT trainers arrived again to Dar es Salaam in Tanzania and from there to Morogoro.



Alvaro Hernandez      Chris Milbank

Chris Milbank from England and myself Alvaro Hernandez from Mexico were happy to meet again and be able to continue some of the work that we start in 2005.



Stein Halvorsen



Ole Erik Holmass



Georgette Holmass

This time the group was reinforced with some new and marvelous people; Stein Halvorsen, Ole Erik Holmass from Norway and Georgette, His wife.

This was an incredible experience! Five different people traveling together from three different countries, all with different languages, to meet in East Africa Tanzania. Tanzania is a relatively new country born out of the union



Joanne and the ATFT supported us and the program by sending us the required materials including manuals and certificates.

The language was not a problem this time, projectors and computers with an excellent presentation provided by Chris and the team did the teaching job an amazing game.



The presence of Georgette, the only woman in the group and at the Carmelite house, provide us with a better communication with the female students because they felt less embarrassed asking questions about how to use TFT to address problems they were sensitive about discussing.



Many people asked us for TFT treatments to solve personal problems and several communities invited the group to visit them to teach TFT and help people that could not attend to the Algorithms seminar.



My part joint teaching effort was to relate the use of TFT to their spirituality using Fr Luis Jorge Gonzalez books. This was always very much appreciated.

Among us, we had the opportunity to exchange our experiences in the application of TFT in our own countries and all of us enjoyed reporting the great results we were getting daily.

Ole works in Norway with TFT, using only Algorithms; Stein uses VT; in Mexico, I use Dx TFT mainly; and Chris (now living in the Canary Islands)



treats people in London and Australia with VT. Different approaches for each but all using TFT.

The results of the Algorithm teaching and treatment could not be better! The people were very happy as they started treating each other and solving one another's problems.

In the final ceremony we gave two certificates to each participant. One for the spiritual part of the teaching and the other for the 2 days Algorithm course.



The speeches and songs in Swahili, the evening breezes and the party atmosphere, surrounded by the Morogoro Mountains, was a memorable departing image for us. Chris, Ole and Alex will continue this adventure teaching TFT in Kenya.



We certainly have a lot to think about and many memories to enjoy. Surly we will never forget this great experience that started when we decided to learn TFT.

**ATFT FOUNDATION NEEDS YOUR SUPPORT  
TO CONTINUE THESE WORKS!**

For more information, contact Joanne Callahan, Foundation  
President, at [joanne@tftfx.com](mailto:joanne@tftfx.com)

# Venue: Boston, MA / Oct. 20-21, 2007

## Learning Potential: Enormous

## The experience: Transformative

## Memories: Priceless

This year's ATFT International Conference is more than a special event. It is truly an **opportunity** to discover new developments in TFT, brush up your skills, learn how TFT is now being applied in trauma and disaster work. You'll also find new ways to market your TFT skills, learn about the way the ATFT Foundation is making a BIG difference in the lives of adults and children worldwide., and much, much more. It will be difficult to attend this conference and not come away personally transformed in a deep and meaningful way.

The emphasis of this conference is how TFT is being used in trauma and disaster work. Keynote Speakers, **Ecoee Rooney** (the RN in New Orleans who was most instrumental in orchestrating ATFT Foundation's relief mission to New Orleans to help Katrina Disaster victims), and **Sergeant Marshall E. Pierre, Sr.** (of the Medical Center of Louisiana Police Department) will share their observations on the enormous impact of TFT on disaster/trauma victims and the workers who help them.

If you are involved in teaching TFT to others as an **ALGORITHM LEVEL TRAINER**, don't miss **Jenny Edwards** pre-conference **Trainer's Training** on October 17 & 18. Jenny has trained more people than any other Algorithm Trainer and in more languages worldwide. She is known for her presentation skills and will be sharing these skills and her presentation secrets that have made her so successful.

On Friday, Oct 19, you have your choice of two pre-conference learning opportunities. You may elect to take the **DX UPDATE** in which **Dr. Roger Callahan** and **Joanne Callahan** will be presenting a program to update Dx practitioners on the latest developments. Or, you may wish to learn more about how you can market your skills as a TFT practitioner from ATFT President, **Steve McNulty** in his program, **MARKETING TFT**.

The planners have made a significant effort to make sure there is something for everyone at the 2007 ATFT International Conference. If you work in a medical setting, Arthur Davis will be presenting a program called, **INTEGRATING TFT INTO A MEDICAL PRACTICE**. Longtime TFTER Suzanne Connolly's presentation, **HEALING THE WORLD BEGINS AT HOME** is sure to be not only interesting but jam-packed with information and helpful ideas.

Dr. Caroline Sakai will be presenting a program called **TFT with Genocide Survivors in Rwanda: Research & Reports** in which she will share information and the results of the work the ATFT Foundation is sponsoring at the El Shaddai Orphanage in Rwanda. AND, Dr. Paul Oas, Suzanne Connolly, Dottie Webster, and Dr. Sakai will jointly present **TFT MAKING A DIFFERENCE IN THE LIVES OF RWANDAN GENOCIDE SURVIVORS** which is sure to be one of the highlights of the conference since they will be sharing their firsthand observations of the miraculous improvements that TFT has brought to the lives of these individuals.

Dr. Robert Bray who is deeply involved in working with veterans will present **TFT IN THE MILITARY CULTURE**

**And there is so much more!** Janet Thompson will be presenting information on **TFT IN THE MEDIA**; Chris Milbank and Stein Halvorsen will be sharing the results and future plans of ATFT's mission to Tanzania and Nairobi; Norma Gairdner will share information on **SELF-TREATMENT WITH TFT**; Sean Quigley will be sharing important information and observations on **TOXINS IN SPORTS**.

**BEST OF ALL, Dr. Roger Callahan will present a special presentation on the MEANING OF HRV and will be joined by Joanne Callahan in a special workshop on the POWER TOOLS OF TFT!**

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## The FACTS:

- 1994: During three months of bloody genocide in Rwanda, over 800,000 people were slaughtered.
- Many of Rwanda's children became orphans because of the genocide and were eyewitnesses to the horror.
- *Some were even forced to watch as their parents were slain right before their eyes.*
- Today, these orphans suffer from *nightmares, anger, guilt and constant fear.*
- Many were taken in by the El Shaddai Orphanage in Kigali which is struggling to provide even the most basic needs.

In Kigali, Rwanda, 400 street kids have been brought together in an unfinished building to form El Shaddai Orphanage. It is struggling to provide shelter, education, security, clothing, health care and food to these children.

Most have been traumatized from the 1994 Genocide, seeing their families killed before their young eyes. Others were traumatized from watching their parents die a slow death from AIDS. Still others are the victims of extreme poverty. These children suffer from nightmares, anger, guilt, depression and fears that control their young lives.

They have no medications and are even without a bed or cot in their infirmary. Most have never had any type of medical or dental examination.

ATFT Foundation is working with these children to help ease their suffering. Thought Field Therapy trained nurses and therapists are needed to provide them with mental health care examinations and treatment. They need the most basic of assistance with their many fears, anger, traumas and nightmares.

Our ATFT Foundation team is treating their traumas to put an end to their nightmares, anger, guilt and the fears that grip them. Freeing them from their terror allows them to focus on learning, playing and helping themselves work toward a productive life. Our efforts work to destroy the seeds of future genocides and break the cycle of violence with these young children.

ATFT Foundation's work is in cooperation with the local Rwandan government, community leaders and religious leaders. While these groups work to provide shelter, education, food and housing, we are working to provide mental health care. Together we can offer hope and decreased suffering to a generation, one child and one orphanage at a time.



☒ **Yes! I want to help!**

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